

## Covenant School of Nursing Reflective Practice



*Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014).*

Using the Reflective Practice template on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p><b>Step 1 Description</b> A description of the experience, with relevant details. <u>Remember to maintain patient confidentiality.</u> Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> <li>• What happened?</li> <li>• When did it happen?</li> <li>• Where were you?</li> <li>• Who was involved?</li> <li>• What were you doing?</li> <li>• What role did you play?</li> <li>• What roles did others play?</li> <li>• What was the result?</li> </ul>	<p><b>Step 4 Analysis</b></p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge, studies or research?</li> <li>• What recent evidence is in the literature surrounding this situation, if any?</li> <li>• Which theories or bodies of knowledge are relevant to the situation – and in what ways?</li> <li>• What broader issues arise from this event?</li> <li>• What sense can you make of the situation?</li> <li>• What was really going on?</li> <li>• Were other people's experiences similar or different in important ways?</li> <li>• What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?</li> </ul>
<p><b>Step 2 Feelings</b> Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the final outcome?</li> <li>• What is the most important emotion or feeling you have about the incident?</li> <li>• Why is this the most important feeling?</li> </ul>	<p><b>Step 5 Conclusion</b></p> <ul style="list-style-type: none"> <li>• How could you have made the situation better?</li> <li>• How could others have made the situation better?</li> <li>• What could you have done differently?</li> <li>• What have you learned from this event?</li> </ul>
<p><b>Step 3 Evaluation</b></p> <ul style="list-style-type: none"> <li>• What was good about the event?</li> <li>• What was bad?</li> <li>• What was easy?</li> <li>• What was difficult?</li> <li>• What went well?</li> <li>• What did you do well?</li> <li>• What did others do well?</li> <li>• Did you expect a different outcome? If so, why?</li> <li>• What went wrong, or not as expected? Why?</li> <li>• How did you contribute?</li> </ul>	<p><b>Step 6 Action Plan</b></p> <ul style="list-style-type: none"> <li>• What do you think overall about this situation?</li> <li>• What conclusions can you draw? How do you justify these?</li> <li>• With hindsight, would you do something differently next time and why?</li> <li>• How can you use the lessons learned from this event in future?</li> <li>• Can you apply these learnings to other events?</li> <li>• What has this taught you about professional practice? about yourself?</li> <li>• How will you use this experience to further improve your practice in the future?</li> </ul>

## Covenant School of Nursing Reflective Practice

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Instructional Module: 6

Date submitted: 11/16/23

*Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.*

<p><b>Step 1 Description</b></p> <p>My clinical took place on the L&amp;D floor at Covenant Women's and Children's Hospital. I felt like the role I played was a secondary nurse for my patient throughout their birthing experience. Throughout my day, I was able to watch placement of an epidural, AROM, IUPC placement and a vaginal delivery.</p>	<p><b>Step 4 Analysis</b></p> <p>I was able to use a lot of knowledge gained from our modules lectures in my clinical. As I was able to see a IUPC inserted; I actually witnessed an RN place it on baby, and I was able to talk with that RN about special training or what they had to do in order to place one apart from a physician doing so. It was also great watching a physician do an AROM, as we've learned about it and to actually see it being done and how quick it was, was really great putting our lecture from words to experience. While we've talked about advocating for our patients from the beginning of nursing school, I feel like this was the first time I've actually seen a nurse really advocate for my patients plan of care. While the physician wanted to place an epidural, complete an AROM and start Pitocin, my patient wanted to wait until the contractions became more frequent and stronger, and my nurse did a really good job communicating that with the physician.</p>
<p><b>Step 2 Feelings</b></p> <p>I was really excited throughout the entirety of the day. From the beginning of the module, I've felt like I'd really like the OB clinicals and the environment is very welcoming. I'm really happy with the outcome of the L&amp;D floor staff, they were really helpful with questions and allowing me to practice my skills. I was really grateful that the patient I was assigned to was open to me interacting with their birth experience. I was surprisingly very emotional at the time of the birth, I almost cried when I watched the family embrace their newborn, and it was just such a sweet moment to be able to be a part of.</p>	<p><b>Step 5 Conclusion</b></p> <p>I don't believe there is anything that could have made this clinical experience any better. I know a few students who weren't able to see a C-section, or a vaginal delivery and I was not only able to see one but experience the whole birthing process for my patient. Not that I didn't learn anything from this experience, but I was able to put lecture material into action with actually experiencing what we've learned, and it was gratifying that I understood what we were doing and why.</p>
<p><b>Step 3 Evaluation</b></p> <p>I feel like this rotation can be difficult, because a lot of it is a waiting game for baby to be ready to be born. I felt that the doctor for my patient was really eager to get the ball rolling for my patient and that wasn't necessarily what the patient wanted. It was a good experience to see how my nurse advocated for my patients birthing plan and experience. It is a bit difficult being a student on this floor, since there really isn't much that I can do or participate with; for instance, my patient needed a foley catheter, however, my patient was really anxious and wanted the RN to do it. I'm not upset that I wasn't able to practice this skill, as I understand this can be a high stress/anxiety filled situation for my patient and I didn't want them to be uncomfortable, but it is frustrating when you know it's a skill you can handle and are capable of doing.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this clinical experience really solidified my interest in OB. I know from watching and seeing how this unit interacts is the kind of environment I would like to work in, in the future. I've always felt that I would be comfortable in a unit or facility that focused on women's health, and I can see that I belong in an environment like this. There are a lot of takeaways from being in the L&amp;D unit, but I think the biggest lesson to take to any floor or specialty is to advocate for your patients and keep them updated on what's going on, why are we doing what we are doing, and how to keep them informed of their plan of care.</p>